

# Resources and Support to help with Children and Young People's Emotional Health and Wellbeing

## 1. Suggest self care by:

- Talking about feelings to a parent, trusted adult or friend
- Keeping physically and socially active;
- Learning about common mental health concerns ;  
Young Minds tel: 0808 802 5544, <https://www.youngminds.org.uk>  
Stem4: <http://www.stem4.org.uk/>  
Rethink: <http://www.rethink.org/living-with-mental-illness/young-people>  
Health Talk: <http://www.healthtalk.org/young-peoples-experiences/depression-and-low-mood/topics>  
Royal College of Psychiatrists  
<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx>
- Read books specifically designed for young people and stocked at local libraries as part of 'Books on Prescription'; <http://reading-well.org.uk/books/books-on-prescription/young-people-s-mental-health/stress>
- Visiting the SAFE website for sexual health advice;  
<http://www.ccardfreecondoms.co.uk/>
- Joining a healthy weight programme;  
SHINE; <http://www.sirona-cic.org.uk/services/shine-self-help-independence-nutrition-and-exercise/>
- Coping with Bullying, including online bullying;  
Kidscape <https://www.kidscape.org.uk/advice/>
- Getting Confidential Drugs Advice;  
Talk To Frank tel: 0300 123 6600, <http://www.talktofrank.com/>
- Considering Lesbian, Gay, Bisexual and Transgender Issues;  
Local support: <http://www.offtherecord-banes.co.uk/our-services/lgbt/>  
Stonewall tel: 08000 502020 <http://www.youngstonewall.org.uk/>  
Transgender support : <http://www.mermaidsuk.org.uk/>
- Coping with Domestic Violence;  
The Hideout <http://www.thehideout.org.uk>
- Getting general support on-line or on the phone;
  - Anonymous online support for emotional and mental health from Kooth; [www.kooth.com](http://www.kooth.com)
  - The 'Rise Above' website aims to build emotional resilience in individuals aged 11 to 16 by equipping them with the skills and knowledge they need to make informed decisions, and help deal with the pressures of growing up. It also encourages conversations about the key health and wellbeing issues that affect teens and young people; <http://riseabove.org.uk/>
  - Get Connected tel 080808084994, <http://www.getconnected.org.uk/>
  - Childline tel 0800 1111, <http://www.childline.org.uk>  
Childline online chat,  
<http://www.childline.org.uk/Talk/Chat/Pages/OnlineChat.aspx>
  - Samaritans tel 08457 909090, <http://www.samaritans.org/how-we-can-help-you/if-youre-under-18>
  - Cruse (bereavement) tel 0808 808 1677, <http://www.rd4u.org.uk/>
  - Relate <http://www.relate.org.uk/relationship-help/help-children-and-young-people>
- Wellbeing College (16 and over)  
<http://wellbeingcollegebanes.co.uk/>, tel: 01225 831820

## 2. Consider these other Sources of Help;

- A. Teacher / Tutor / Pastoral Support;
- B. Online, anonymous counselling with Kooth counsellors: [www.Kooth.com](http://www.Kooth.com)
- C. School Counsellors;  
All secondary maintained schools in B&NES have independent school counsellors offering counselling during school hours. Currently the counsellors are provided by Relate, Off the Record and Focus counselling. Contact each school directly.
- D. GP;  
Promote the Doc Ready website and app to young people: [www.docready.org](http://www.docready.org) (Doc Ready is a website and app that aims to help young people get the most out of their GP appointments when it comes to dealing with mental health issues. By preparing young people with an agenda, details about their appointment, and information about what to expect from a GP visit, it is designed to help both the patients and doctors get the most out of the limited resources and time that they have to share).
- E. School Nurse;  
Each maintained school and college has an allocated NHS school nurse. They can be contacted via the school or via the service: tel 01225 831666, email; [schoolnursing@sirona-cic.org.uk](mailto:schoolnursing@sirona-cic.org.uk)
- F. 'Off The Record' Voluntary Counselling  
tel: 01225 312481, <http://www.offtherecord-banes.co.uk/our-services/listening-support/counselling-service/>
- G. Focus Counselling  
tel: 01225 330096, <http://www.focusbath.com/>
- H. Educational psychologists (via school)  
<http://www.bathnes.gov.uk/services/schools-colleges-and-learning/support-parentscarers-educational/educational-psychology-serv>
- I. Carer's Centre (Support for young carers)  
<http://www.banescarerscentre.org.uk/youngcarers/>
- J. Project 28 (Substance Misuse)  
tel: 01225 329411, <http://www.dhi-online.org.uk/do/bath/project-28/>
- K. BaNES Talking Therapies (IAPT) for over 16 y/o's  
<https://iapt-banes.awp.nhs.uk/>
- L. Counselling after sexual abuse,  
<https://the-green-house.org.uk/how-we-can-help/>
- M. Supporting young people with suicidal thoughts,  
HopeLineUK 0800 068 4141, [www.papyrus-uk.org](http://www.papyrus-uk.org)
- N. Eating Disorders – BEATing Eating Disorders,  
[www.b-eat.co.uk](http://www.b-eat.co.uk), tel: 0845 634 7650 (Youthline)

## 3. For Enduring or Complex Issues (and when the above interventions have not helped): Consider;

- A. CAMHS: There is a Single Point of Access to Primary (PCAMHS) and Specialist CAMHS for all non-urgent referrals.

Service thresholds and referral forms are here:



SPE Referral  
Form.doc



How when refer  
Banes txt doc 15.pdf



Out of Hours  
CAMHS.pdf

If necessary please call for a pre-referral discussion - Tel; 01865 903889 (fax 01865 261721).

N.B. 16 and 17 year olds can contact a mental health practitioner at PCAMHS/CAMHS directly, without a referral. The following poster gives further details;



poster comic strip  
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There is a young person friendly introduction to local CAMHS here:  
<http://www.oxfordhealth.nhs.uk/children-and-young-people/south-west/child-and-adolescent-mental-health-services-camhs-tier-2-3/>

N.B. A Young Minds site giving useful information about common mental health medications: <http://www.headmeds.org.uk/>

There is a website providing information for those accessing CAMHS to help them make meaningful choices about their care:  
<http://mycamhschoices.org/about-2/>

B. Community Paediatricians: Tel: 01225 731575



SPE Referral  
Form.doc



Referral Criteria  
March 2015.doc

C. Social Care: for safeguarding concerns and/or Child in Need discussions please talk to the school's safeguarding lead who may decide to refer to social care:



threshold for  
CSC.pdf

## ***Please note:***

*There is a very useful website, <https://www.minded.org.uk/>, offering free educational resources to learn more about children and young people's mental health.*

*This is also a useful site for CBT information and resources;*  
<http://www.cci.health.wa.gov.au/about/index.cfm>

*All websites were last accessed on 30/12/2016*

***Bath and North East Somerset council take no responsibility for the content or use of external websites.***